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Fighting the White Plague

First, however, from must be found for a few figures that will assist appreciation of the menace which tuberculosis constitutes to the human race. As Dr. Huber justly asserts, it has been for countless generations by far the most potent of death-dealing agencies.

According to one statistician, the death-roll of all the wars of the nineteenth century totaled 14,000,000 souls; whereas in the same period and countries tuberculosis slaughtered 30,000,000. It has also been estimated that in the United States alone tuberculosis annually claims 150,000 victims, and throughout the world 5,000,000. What increases the tragedy of the situation is the appalling fact that mortality is highest at precisely the period of greatest usefulness, the statistics going to show that the average age of death is thirty-five, and that every third or fourth adult to die between the ages of fifteen and forty-five dies of tuberculosis. The economic loss thus occasioned is incalculable. For the United States it has been estimated at more than \$330,000,000 per year. Not is our resentment lessened by the knowledge that the direct cause of all the sorrow and suffering thus involved is but a tiny parasite not more than one ten-thousandth of an inch in length, so minute that it was not until a quarter of a century ago that its existence and action were definitely ascertained.

This parasite, known as the Koch bacillus, after the scientist who succeeded in isolating it, may attack many parts of the body, but it usually assails the lungs, where, under favoring conditions, it multiplies into "colonies" whose voracity produce the too familiar phenomena of tuberculosis.

Prominent among these is the hacking cough which racks the victim and constitutes the danger to those about him, for this cough loosens and ejects bacilli, many of which sooner or later are conveyed into other human bodies by one of the several avenues of infection.

Years may pass before the moment of infection arrives, but when it comes, the parasite, if it has survived the chances of time, has a lost none of its fatal power. To illustrate from the concrete instances cited by Dr. Huber to carry home to his readers the need for radical preventive measures: "Dr. Miliken, of Silver City, New Mexico, narrates that in 1890 a farmer of good family history, as regards his physique, took the grippe, and, owing to a relapse, was very slow in making a recovery. He spent much of his time during convalescence with a friend who was ill with tuberculosis. He himself contracted tuberculosis, of which he died. His son, a strong, hearty fellow, who nursed him when he became too weak to take care of himself, became afflicted and died four years later. A second son put into his own room the carpet

that had been in his father's room.

In about one year he began to decline.

His illness was also shown to be tubercular, with which he struggled for seven years, finally achieving a return to good health. Another son bought the couch upon which his father had slept, and used it to sleep upon himself. He soon evidenced tuberculosis, which disease he succeeded in arresting after a five year's struggle. A fourth son and three daughters, who were away from home at college, remained well.

"A young farmer rented the place and moved into the house. Within two years his wife died of tuberculosis, and two children of marasmus—probably intestinal tuberculosis.

"Another young man, with a healthy family, moved into the house, and lost three children within eighteen months, of an obscure bowel trouble (probably tubercular), and the father died a few years later of 'bronchitis,' which was most likely tuberculosis. It was now suspected that the house might have something to do with it. So a thorough cleaning was ordered. The paper was torn from the walls, which, with the woodwork, floors, and ceilings were washed down antiseptically; there was thorough disinfection; since which time not one case of tuberculosis has developed in it."

The first practical consideration will be the disposition of the infective material. . . . The tubercular patient will be careful not to re-infect himself, to which end he must associate as little as possible with other sufferers. As regards others he will observe the Golden Rule, and must take the greatest care not to infect his fellows. It were well for him not to work in dairies or about cattle, nor should he prepare or otherwise handle any foods. The next consideration is that of rest, at least during fever. He must endure the slightest fatigue or over-exertion. To the end that he may rest well the home in which he lives shall be fit and comfortable. His bedroom should be the largest, sunniest, and best ventilated in the house. Rest should be out of doors as much as possible. Pure air and the blessed sunshine—the tubercle cannot stand these. While many people in health are 'hugging fires' tuberculosis patients walk or ride, if possible; or they recline, wrapped up and sheltered, of course, in the open air, during as many hours as may be, through all changes of temperature, fearing neither rain, sleet nor snow. The rain, however, they had best avoid: If the patient is so ill that he cannot go out-doors, his bed should be drawn close to the wide-open window. When indoors, day or night, the patient's windows should be freely opened. Such treatment never has untoward results. The head should be well covered; the feet should be warmed if necessary. In warm weather the head and shoulders must not be kept in the direct rays of the sun. Sun-baths the nude body being exposed to the direct or concentrated rays of the sun must be taken with caution and only by the physician's instruction. High temperatures may thus be induced.

After oxygen comes the necessity of plenty of nutritious foodstuffs, and of good digestion, so that all the fuel that is taken in may be assimilated and converted into healthy germ-resisting tissues. Details concerning diet will be decided upon in individual cases. In general terms, it should be such as will give the largest amount of nutrition with the smallest amount of labor for the alimentary tract—roasted or broiled beef, mutton, lamb, fresh vegetable and fruits, cereals mixed liberally with cream, konniss, plenty of sugar and good butter; and at or between meals six or more eggs and from one to three quarts of milk distributed through the twenty-four hours. Indigestible things such as sweets, pastries, dainties, must be avoided; these interfere with normal metabolism—a

Shipping News

MAILS

Inter-Island Mails
Regular mail leaves Lihue on Tuesday and Saturday at 5 p. m. Regular mail arrives from Honolulu Wednesday and Friday morning. During sugar season mail is frequently sent and brought by steamers making extra trips between regular mail days. On days when the coast mail is due, the mail boat due on Friday, will lay over and come in on Saturday morning instead.

MAILS CLOSE

Registered mail closes on mail days, at four o'clock sharp. Ordinary mail, at half past four.

OVERLAND HAIL

Mail for Island offices, leaves Lihue on Monday, Wednesday and Friday mornings at six o'clock. Except, however, in cases when the coast mail delays the Friday boat, then the mail will leave on Saturday at 6 a. m.

MERCHANT VESSELS TRANSPORT SERVICE

To Manila

Buford, June 12.
Sherman, July 12.
Sheridan, August 12.

From Manila

Sherman, June 4.
Sheridan, July 5.
Buford, August 4.

For Vancouver

Makura, C.-A. R. M. S. June 20.
Zealandia, C.-A. R. M. S. July 18.

For Fiji and Australia

Harama, C.-A. R. M. S. June 23.
Hakura, C.-A. R. M. S. July 21.

For China and Japan

P. M. S. Mongolia, June 12.
T. K. K. S. America Maru, June 20.

T. K. K. S. Tenyo Maru, June 27.

P. M. S. Persia, July 9.

INTER-ISLAND VESSELS.

For Kauai Ports

W. G. Hall, L.-I. S. N. Co., every Thursday.

Kinau, L.-I. S. N. Co., every Tuesday.

Kau and Kona Ports

Mauna Loa, L.-I. S. N. Co., alternate Tuesdays and Fridays.

For Molokai and Maui

Miahala, every Tuesday.

For Maui and Hawaii Ports.

Mauna Kea, L. I. S. N. Co., every Tuesday.

Claudine L.-I. S. N. Co., every Friday.

PORT ALLEN SHIPPING

Mexican arrived on the 3rd, and will take 2142 tons of sugar.

HILONIAN

Arrived on the 4th and will load 1179 tons of sugar.

Hyades will arrive June 23, and take 1200 tons of sugar.

Columbia arrive June 28 and take 2142 tons of sugar.

The Hilonian and Lurline carry passengers, leaving direct for the coast, the fare one way or round trip, being the same as that from Honolulu.

perfect change of oxygen, fluids and food into tissue. Between meals, at any rate, plenty of water will be drunk. There should be half an hour's rest on a bed or reclining chair before and after the principle meal at least; nor must the patient eat when in a state of nervous excitement. . . . As regards medicines: Let no patient use any without his physician's directions.

In the last analysis Prevention is, of-course, more important than cure. Here, again, space requirements forbid other than a brief outline of our author's most salient recommendations. The main fight, as he says, must be carried on in the congested districts of our cities and towns, for it is there that are to be found in greatest abundance both the factors making for infection and the factors weakening the resistance-power of those infected—poverty with all that it implies, darkness, dirt, foul air, impure food, physique-destroying vice, utter ignorance of sanitary safeguards. Still, there is urgent need of a defensive campaign in the rural districts with their scattered population; for, paradoxical as it may seem, the death-rate from tuberculosis is falling more rapidly in the ci-

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ties and towns than in the country. Hard work, lack of recreation, an often unwholesome and sometimes execrable diet, ill-ventilated homes, irregular habits of life—all this combines to lower the vitality of the farmer and give the tubercle bacillus free sweep.

It must never be forgotten that the two main avenues of infection are through the air we breathe and food we eat. As regards the latter, the possibility of the transmission of tuberculosis from cattle to man has recently been questioned, especially by most reliable authority. Patients should be allowed no hand in the preparation of foodstuffs. Here there is scope for official intervention, as also in the regulation of tenement, factory, office and school conditions. Even more vital is the question of preventing infection through the air, for this are most cares. To this end efficient administration of law against expectoration in public places is badly needed although our officials are more alert than ever to the dangers inherent in this practice. There must, too, be an unflinching movement to educate the individual to a keener sense of his responsibilities to himself, to his fellows, and to posterity.